



Wellness and Nutrition Services, Office of the Chief Operator

Physical Activity Resources

Empowering Youth with Nutrition and Physical Activity – Interactive Modules
- <https://www.fns.usda.gov/empowering-youth-nutrition-physical-activity>

Stories in Motion – Physical Activity Breaks -
<http://healthymeals.nal.usda.gov/state-resources/stories-motion-%E2%80%93-physical-activity-breaks>

Fuel Up to Play 60 -
<https://school.fueluptoplay60.com/tools/view.php?id=15749467>

Mind and Body: Activities for the Elementary Classroom -
<http://www.schoolnutritionandfitness.com/data/pdf/TeacherPDFs/MindBody.pdf>

Brain Breaks - <https://www.gonoodle.com/>

JAM (Just-A-Minute) - <http://www.healthetips.com/jam-program.php>